

**Tripler Army Medical Center
Refractive Surgery Center**

LASIK: Pre-surgery and Day of Surgery Instructions

Patient Name: _____

Preop Counseling Date: _____

Visual Field Date: _____

Surgery Date: _____

Post-Op Visit: _____

PRE-SURGERY INSTRUCTIONS

Pick up your medications at the **Tripler Pharmacy** located on the 4th floor, Mountainside, **two days prior to your surgery, after 1300.** If you arrive in uniform for medication pickup, you will receive priority service at the pharmacy. Begin using the Vigamox eye drops one day prior to your surgery.

MEDICATIONS:

- Vigamox
- Pred Forte
- Valium (Diazepam)
- Artificial Tears

DAY OF SURGERY INSTRUCTIONS

Report to the Refractive Surgery Center, Tripler Army Medical Center, 2nd Floor, Wing C, at your pre-scheduled time.

Things you will need to bring with you on the day of surgery:

- Someone to drive you home---please do not bring children, friends, etc.
- Medical record
- ID Card
- Sunglasses
- Your prescribed medications

- Patience... we will be as efficient as possible, but delays can occur.
- Bring something to read while you wait. Please expect to be here for at least 2-4 hours.

Other important information:

- Do not wear ear rings
- Do not wear makeup, especially around the eyes
- Do not use facial/eye lotion or cream
- Do not wear contact lenses as stated below, and discontinue contact lens use three days prior to ICL surgery
 - Soft lenses: 2 weeks prior to your evaluation (comprehensive refractive eval)
 - Gas Permeable, Hard or Soft Toric lenses: 1 month prior to initial evaluation
- Do not wear perfume or cologne
- Wear clothing that is warm, clean and comfortable. The temperature in the laser room is kept between 68-70 degrees. If you become ill, call us prior to your surgery so that we can reschedule you
- Take a shower the morning of the surgery and avoid using products with a strong smell
- Limit your coffee intake the morning of the surgery
- Females cannot have their hair in a bun or formed in the back in any way

WHAT TO EXPECT

- When you check in, you will receive a nametag--please ensure that the information is correct
- Your paperwork will be reviewed while you are waiting, and any corrections or additions that are needed will be made
- You will be brought into the pre-op preparation room where your eyes and eyelids will be cleaned using a dilute antiseptic solution. Let the technicians know if you have any questions for your surgeon
- When it is time for your surgery, you will be escorted into the laser room. You will be positioned on the bed and have the nonoperative eye patched (this help you to concentrate on the flashing green light)
- Observers (friends, family members) are NOT allowed in the laser room
- The doctor and technician will review the operative plan one final time, confirming that the information is accurate

THE PROCEDURE

- A numbing drop will be placed onto the eye, and the eyelids dried thoroughly
- A plastic stabilization ring will be placed on the eye. When the ring is in place your vision may grow dim or dark. Do not be concerned if your vision comes back while the ring is on your eye. You will feel a heavy pressure sensation while the ring is in place. After the stabilization ring is in position, your eye will be positioned to dock with the Intralase laser.
- You will be asked to remain still as the Intralase laser creates the corneal flap. Once the flap is created, the stabilization ring will be removed. You will not feel anything as the flap is created
- For bilateral cases, the flap procedure will be repeated on the next eye
- After flap creation, the bed will move under the excimer laser
- Sterile plastic drapes will be applied over the eyelids/lashes of the upper and lower eyelids
- A metal lid speculum will be placed into the eye to keep the eyelids open
- The flap of corneal tissue will then be folded back so the laser energy can be applied to the underlying corneal tissue. You will not feel anything as the laser is activated
- You will be asked to focus on the flashing green light, and will be informed when the laser is about to begin. It is very important to concentrate and focus on the green light
- The laser procedure is painless, usually lasting 5-30 seconds
- Once the laser is finished, the doctor will reposition the corneal flap to ensure that it is properly aligned, without any wrinkles
- Eye drops will be placed on your eye
- The lid speculum and drapes will be removed from your eye, and the other eye will then undergo the same procedure
- When the procedure is finished, the doctor will examine your flaps at a microscope to again ensure that they are appropriately positioned
- We will then review your postoperative instructions, including your follow-up appointment time, special instructions, medications, and how to use the medications
- Your vision will be blurry right after LASIK for a variety of reasons, mostly because the top layer of the cornea (epithelium) is cloudy and swollen from the procedure -- your vision should gradually improve over the next 24 hours

POSTOPERATIVE INSTRUCTIONS

Overview: LASIK refractive eye surgery has just been performed on your eye(s) by creating and lifting a partial-thickness corneal flap, changing the shape of the underlying cornea, and replacing the flap to its original position. The flap is very delicate and can easily be wrinkled or shifted over the first several days following LASIK. It is critically important to follow the post-operative instructions detailed below to improve the chances for an excellent post-surgical result.

General Guidelines:

- The flaps are very fragile: Do not rub your operative eye(s) or squeeze your eyelids tightly. Be very careful not to bump the eye with the medication bottles.
- Keep your eyes protected with the goggles or sunglasses provided, except when using eye drops, for the first 24 hours after surgery.
- Immediately following your surgery, it is highly recommended that you go home, put in a set of drops and take a nap. Valium (Diazepam) is provided to help you relax and fall asleep. Continue with your medicated eye drops when you get wake up.
- Wear the protective goggles when sleeping for the first 3 days following surgery.
- Do not shower until after your first post-operative visit
- Try to stay away from smoky or dusty environments, or areas with chemical vapors, for the first week after surgery.
- Do not wear makeup or apply lotions for the first week following surgery.
- Wear your sunglasses whenever you are outside.
- Do not drive or operate machinery/appliances while taking **Valium**. Do not drive unless you feel safe and confident with your vision.
- Do not swim (fresh or salt water); use a hot tub or sauna for three weeks following surgery.
- Some of your eye drops may sting for up to two minutes or cause temporary blurred vision.

Surgical Discomfort:

The numbing drops wear off about 20-30 minutes following the surgery. It is normal for your eyes to be light sensitive, tear a lot and feel very uncomfortable until your follow-up the next day.

Diet:

No restrictions. Be sure to maintain good hydration for the first week after surgery.

How to use eye drops:

- Wash hands thoroughly.
- Pull down on lower eyelid while you look upwards. This creates a small pouch into which you can drop your medication.
- Instill 1-2 drops of medicine (it doesn't matter which medicine you use first), wait 3-5 minutes, and then instill 1-2 drops of the next medicine.
- You can use preservative-free artificial tears as often as you like, but always try to wait
3-5 minutes between drops

Report any of the following to your surgeon:

- Excessive pain, not relieved by pain medication
- Nausea or vomiting
- Worsening of vision, especially following an accidental bump to eye
- Development of rash/itching

Medications: BRING DROPS TO ALL POST-OP VISITS

1. **Vigamox:** 1 drop into eyes four times per day for one week
2. **Pred Forte** (prednisolone): 1 drop into eyes every 2 hours for 24 hours (while awake), then four times per day for one week. (SHAKE WELL)
3. **Valium** (Diazepam): one tablet by mouth following laser procedure.
4. **Artificial tears:** use at least every 2 hours while awake during first 48 hours after surgery, then use at least every 2-4 hours for the first week. You cannot over-use your lubricating drops. You will need to buy more of these drops. They can be purchased at the Navy Exchange or your local pharmacy. Try to buy the same brand and type of drop that we gave you.

Activities / Restrictions:

- Con-leave authorized for 2 days→ the day of LASIK and the following day
- Plan on resting at home for the first 24 hours after surgery
- You can do light reading or watch TV the evening of surgery if your eyes feel comfortable, but keep both eyes well lubricated with your Refresh eye drops.
- You will be given further instructions at your first follow-up appointment.

For problems or concerns, call the Laser Center at (808) 433-3089, from 0730 to 1600 Monday through Friday. After hours, call the Emergency Room at (808) 433-3707.

Answers to Commonly Asked Questions:

Q: Why is my vision still blurry even though I just had LASIK?

A: The vision may be hazy for 24-48 hours following LASIK due to the swelling and cloudiness of the surface of the flap.

Q: What are these red spots on my eyes?

A: A significant percentage of people will develop bruises on the surface of their eye, which appear as areas of bright red blood on the white part of the eye. These come from small superficial blood vessels which break when the suction ring is applied to the eye. They are painless, and typically resolve over 2-3 weeks.

Q: My eyes don't feel dry. Do I need to use the artificial tears?

A: Artificial tears (preservative-free) are recommended for use on a frequent (hourly) basis during the first several days following LASIK as the flap is stabilizing. After several days, if your eyes are not bothering you and your vision is clear, you can stop using the tears. If, though, your vision fluctuates, or your eyes feel dry, then use the tears frequently. The laser center will provide you with 1 (one) box of preservative-free artificial tears upon request (in addition to the small box you received on the day of surgery). Additional boxes will not be provided. If you would like to purchase tears, they are available at most pharmacies and the PX. Preservative-free artificial tears only are recommended. Equivalent drops include Refresh, Refresh plus, GenTeal, and Bion Tears.

Q: When will my eye be fully healed?

A: The majority of the healing takes place within a couple of weeks, although the cornea never returns to its full strength following LASIK. For this reason, protective eyewear is strongly encouraged whenever you engage in any activity in which your eyes are at risk for being damaged.

Q: How often do I need to see the doctor?

A: Routine post-operative exams are scheduled at one-day, one-week, and one, two, and six- months after surgery. Additional visits may be required.





Q: What about enhancements/retreatments if I'm not happy?

A: There are a variety of reasons why a patient's vision may be blurry weeks to months following LASIK. Dry eyes are probably the most common reason, but a small percentage of patients will end up being under-corrected following LASIK. These patients will require glasses or contacts for their best vision, but they may elect to undergo a retreatment. Retreatments are offered only after the eye has stabilized following the first LASIK, which is usually 3-6 months later.

Q: What if I accidentally injure my eye?

A: The corneal flap is fragile during the first several weeks following LASIK. It is important to avoid wrinkles in the flap by avoiding eye-rubbing and trauma to the eye(s). If the flap is damaged, you would likely note the sudden onset of pain and a decrease in vision. This requires immediate attention by an ophthalmologist so that the flap can be repositioned, if necessary. If you injure your eye accidentally, you need to be evaluated by an ophthalmologist to evaluate the eye and corneal flap. It is highly recommended that you wear protective glasses/goggles whenever you engage in activities which put your eyes at risk for injury.

LASIK Post-Operative Patient Medications

Name		Purpose / Notes	Start using:	How often?	Use until
Anxiolytic (diazepam)		To reduce moderate to severe pain, help with sleeping after surgery	1 tablet by mouth following surgery, and at bedtime if needed	No more than every 6 hours for up to two doses	1 day after surgery
Antibiotic (Vigamox)		To protect against infections	1 day before surgery	1 drop four times a day	1 week after surgery
Steroid Suspension (Prednisolone)		To reduce post-op inflammation (pain, redness, and swelling). **Shake well before each use**	After surgery	1 drop every 1-2 hours for first 24 hours, then 4 times a day for 6 days	1 week after surgery
Artificial Tear Solution (Refresh)		To lubricate and soothe the eye	After surgery	1 drop every 2 hours for first 24 hours, then at least 4 times a day for 1 month	At least 1 month after surgery, then as needed